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CLAIMS

A process for manufacturing bake hardening steel sheet comprising:

5 - the smelting of a steel, the composition of which comprises, expressed in % by weight:

 $0.03 \le C \le 0.06$

 $0.50 \le Mn \le 1.10$

 $0.08 \le Si \le 0.20$

 $0.015 \le Al \le 0.070$

 $N \leq 0.007$

 $Ni \le 0.040$

 $Cu \leq 0.040$

P ≤ 0.035

 $S \leq 0.015$

 $Mo \le 0.010$

 $Ti \le 0.005$

it being understood that the steel also contains boron in an amount such that:

 $0.64 \le \frac{B}{N} \le 1.60$ 20

> the balance of the composition consisting of iron and impurities resulting from the smelting;

- the casting of a slab of this steel, this slab then being hot rolled in order to obtain a sheet, the end-of-rolling temperature being above that of the Ar3 point;
- the coiling of said sheet at a temperature of between 500 and 700°C; then
- the cold rolling of said sheet with a reduction 30 ratio of 50 to 80%;
 - a continuous annealing heat treatment which is carried out for a time of less than 15 minutes; and
 - skin pass which is carried out with a reduction ratio of between 1.2 and 2.5%.
 - The process as claimed in claim 1, characterized 2. said continuous annealing heat treatment that comprises:

- a reheat of the steel until it reaches a temperature of between 750 and 850°C;
 - an isothermal soak;
- a first cooling operation down to a temperature of between 380 and 500°C; and
 - an isothermal soak; and then
 - a second cooling operation down to the ambient temperature.
- 10 3. The process as claimed in either of claims 1 and 2, characterized in that said first cooling operation comprises a slow first part carried out at a rate of less than 10°C/s, followed by a rapid second part carried out at a rate of between 20 and 50°C/s.
- 4. The process as claimed in any one of claims 1 to 3, characterized in that, in addition, the manganese content and the silicon content of the steel are such that:

$$4 \le \frac{\%Mn}{\%Si} \le 15.$$

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- 5. The process as claimed in any one of claims 1 to 4, characterized in that, in addition, the manganese content of the steel is between 0.55 and 0.65% by weight and the silicon content of the steel is between 0.08 and 0.12% by weight.
- 6. The process as claimed in any one of claims 1 to 4, characterized in that, in addition, the manganese 30 content of the steel is between 0.95 and 1.05% by weight and the silicon content of the steel is between 0.16 and 0.20% by weight.
- 7. The process as claimed in any one of claims 1 to 6, characterized in that, in addition, the nitrogen content of the steel is less than 0.005% by weight.

- 8. The process as claimed in any one of claims 1 to 7, characterized in that, in addition, the phosphorus content of the steel is less than 0.015% by weight.
- 9. A bake hardening sheet that can be obtained by the process as claimed in any one of claims 1 to 8, characterized in that it has a yield strength of between 260 and 360 MPa, a tensile strength of between 320 and 460 MPa, a BH2 value of greater than 40 MPa and a yield plateau of less than or equal to 0.2%.
 - 10. The sheet as claimed in claim 9, characterized in that it has, in addition, a BH2 value of greater than 60 MPa.

11. A part that can be obtained by cutting a blank from a hardening sheet as claimed in claim 9 or 10, said blank then being painted and baked at less than

200°C.

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